

What I claim as my invention is:

1. A health apparatus for protecting an arm from sunlight, the health apparatus comprising:
 - (a) an arm covering having two ends, a first end and a second end, each of the arm covering being open, the arm covering being tubular and having a varying diameter, the first end of the arm covering having a diameter of ten inches, the second end of the arm covering having a diameter of four inches,
 - (b) a pair of elastic bands comprising a first elastic band and a second elastic band, the first elastic band attached to the first end of the arm covering, the second elastic band attached to the second end of the arm covering,
 - (c) a hood having two ends, a first end and a second end, the hood also having two sides, a first side and a second side, the first end being attached to the arm covering near the second end of the arm covering,
 - (d) means for securing the hood over a hand, and
 - (e) means for removably attaching the second end of the hood to the arm covering.
2. A health apparatus for protecting an arm from sunlight according to claim 1 wherein the means for securing the hood over a hand further comprises:
 - (a) an elastic strap having two ends, a first end and a second end, the first end of the elastic strap attached to the first side of the hood,

- the second end of the elastic strap attached to the second side of the hood,
- (b) wherein the hood is wrapped over a person's hand, and further wherein the inserts said hand through the elastic strap.
3. A health apparatus for protecting an arm from sunlight according to claim 2 wherein the means for removably attaching the second end of the hood to the arm covering further comprises:
- (a) a first patch of a complementary hook and loop attachment system, the first patch attached to the hood,
- (b) a second patch of a complementary hook and loop attachment system, the second patch attached to the arm covering,
- (c) wherein the hood is wrapped over the arm covering in such a manner that the first patch on the first strap and the second patch on the second strap are placed into contact with each other, and further wherein the first patch and the second patch are complementary to one another and are removably attached to one another.
4. A health apparatus for protecting an arm from sunlight according to claim 3 wherein the arm covering is fabricated from cotton.
5. A health apparatus for protecting an arm from sunlight according to claim 3 wherein the arm covering is fabricated from 80% cotton and from a 20% synthetic material.